

## SUBSTITUTE SPECIFICATION

F-9644

Ser. No. 10/580,226

### Abstract

A body sticking sheet which allows even untrained users to apply, to a body, a proper taping operable for contracting muscle toward an affected area, includes a portion with small degree of shrinkage applied to the affected area and  
5 a portion with large degree of shrinkage around the portion. The body sticking sheet is used by being applied to the body in the state in which the portion with the small degree of shrinkage comes into contact with the affected area so that the portion with the large degree of shrinkage acts so that the muscle around the affected area shrinks toward the affected area. Thus, the body sticking sheet has  
10 effects on the assistance of muscular function and the promotion of blood flow.